



## Palo Duro

### Senior Center

5221 Palo Duro NE  
Albuquerque, NM 87110  
505-888-8102  
Fax: 505-888-8107

### Hours of Operation

Mon-Fri 8:00–5:00  
Wed 8:00–7:00  
Sat 9:00–1:00

### Desert Willow

#### Gift Shop

Mon–Fri 9:00–2:00  
505-888-8105

### Open Computer Lab

Mon, Tue, Fri 1:00–3:00  
Thursdays 9:30–11:30

### Free Wi-Fi every day!

COAFreeWireless

### Senior Information

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
505-764-6400

### RSVP Office

505-767-5225

Looking for the gym?  
It's next to McKinley  
Community Center by  
the Middle School on  
Monroe at Comanche.



## Palo Duro

### Fitness Center

3351 Monroe NE  
Albuquerque, NM 87110  
505-880-2800

### Hours of Operation

Mon–Fri 7:00–7:00  
Sat 8:00–2:00

# APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center

April 2017

## Bunny Bash Luncheon

Thursday, April 13 11:30a seating

Please arrive *no later than 11:45.*

Buy your \$4 ticket in advance.

We plan to serve Glazed Ham,  
Baked Potato, Baby Carrots, Roll,  
Side Salad, and Lemon Meringue  
Pie.

*Please note: Regular breakfast and  
lunch menu items will not be  
available today. Enjoy **continental  
breakfast** for \$1.50 between 8:00  
and 9:00am.*

## Changes at Palo Duro

- New! Sign up for **Email Blasts** to read the Newsletter online and more. *See page 3 for details.*
- Our next **GEHM Clinic** will be on the morning of Wednesday, May 3.
- **Thursday Morning Computer Labs** return beginning April 20, 9:30–11:30.

## Meet our new Coordinator page 7

### Memorial Day

Monday, May 29

### Independence Day

Tuesday, July 4



## Silver Horizons Food Pantry

Thursday, April 27  
3:00–4:30p

Check-in starts at 1:30. You will be given a number and asked to take a seat in a designated waiting area. When the food market is ready to open, a Silver Horizons Volunteer will call numbers in order from 1, 2, 3 and so forth, for each person to sign in and shop.



We will not allow people to block hallways, doorways or classrooms.

Please remain in the waiting area until your number is called.

**Thank you!**

To find out more about Silver Horizons, visit their web site  
at

**[www.silverhorizons.org](http://www.silverhorizons.org)**



City of  
Albuquerque

**Richard J.  
Berry**  
Mayor



## Department of Senior Affairs

**Jorja  
Armijo-Brasher**  
Director

**Rhonda Methvin**  
Recreation Division  
Manager



## Palo Duro Senior Center

**Natasha Montoya**  
Center Manager

**Larissa Martin**  
Program Coordinator

**vacant**  
Office Assistant

**Dave Ellis**  
Program Assistant

**vacant**  
Program Assistant

**Manuel Ibuado**  
General Services

**Ted Casey**  
Cook

**Wanda Valdez**  
Assistant Cook

Promote your Palo Duro group activities or feature an outstanding member with an article in the Apache Plume (subject to editing for space availability and with manager approval.)

## Visiting Artist Program

**Tuesdays 1:00–3:00p**

Suitable for beginners and those with art experience, sessions are *free and open to all Senior Center members.*

Date	Program	Artist
<b>4</b>	Collage	Breeze Wise
<b>11</b>	Acrylic & Collage	Nina Adkins
<b>18</b>	Wire Sculpture	Glady Peltomaki
<b>25</b>	Watercolor with Line	Woody Duncan

## Adapted Aquatics

**Monthly program  
at UNM Pool**

Register on the 15<sup>th</sup>  
at PD Fitness Center  
3351 Monroe NE  
or call 505-880-2800

M, W, F 8:30–10:45a  
M & F 12:30–2:45p



## OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p  
Thursdays 9:30–11:30a (from April 20...)

**Next class: \$35.00**

### Windows 10 Basics

will meet 10:00a–12:30p  
on 4 consecutive Fridays  
- April 7, 14, 21, 28  
- June 2, 9, 16, 23

*Note: Sign up at the front desk.*

*Prior Windows experience is required.*

## Thank you to our Sponsors:

### Bingo

Tuesdays 1:15–4:00p

- 4** - Atria
- 11** - Heritage Home Healthcare
- 18** - Walgreens
- 25** - Stellar



### Friendship Coffee

Wednesdays 9:15–10:15a

- 5** - Stellar
- 12** - Presbyterian Hospital
- 19** - Genesis
- 26** - Blue Cross/Blue Shield of NM

## MYSTERY BOOK CLUB

2<sup>nd</sup> Tuesdays  
1:30–2:30p

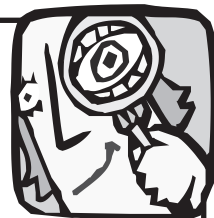
The books we read are  
available at the public library.  
Everyone is welcome.  
Please join us!

**April 11**

*A Question of Honor*  
by Charles Todd

**May 9**

*A Great Deliverance*  
by Elizabeth George



## News from the Desert Willow Gift Shop

### Volunteers Ring So True

Someone touched a Bell, causing it to Ring,  
A Volunteer touched a Life, causing it to Sing.  
Someone touched a Bell, causing its Declaration,  
A Volunteer touched a Life, causing its Motivation.  
Someone touched a Bell, causing a Beautiful Sound,  
A Volunteer touched a Life, causing Joy to Abound.  
Someone touched a Life, causing a Bird to Feed,  
A Volunteer touched a Life, filling a lonely one's Need.

– Idella Bender

### We're Thankful for Your Commitment!

Our thanks go out to you, the Volunteers who are so faithful, and whose love rings out so true.

The Gift Shop is open Monday thru Friday, 9:00am–2:00pm.

For more information, stop by or call Elenor Key, manager, at 505-888-8105.



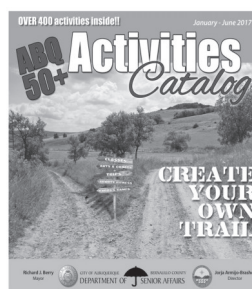
## Birthday Parties



**Beginning May 5th and the first Friday of every month.....**

Birthday cake will be served in the Lobby from 11:30-12:30p.m.

Sponsored by AGA



### Did you know?

You can view Senior Affairs publications online by visiting the City of Albuquerque web site at

**[www.cabq.gov/seniors](http://www.cabq.gov/seniors)**

You'll find additional information about all of the programs, services and volunteer opportunities, including the monthly hot lunch menu.

### Email Blasts—a new service

*By popular request, we now offer the option to view the monthly newsletter via email.*

Once a month we'll send a message when the newsletter is posted online. Occasionally we may send an announcement about a special event, or a change that might affect plans for your next visit.

### How do I sign up? Choose one:

- Fill out the form at the Front Desk
- Use your web browser to fill out the form at **<http://eepurl.com/czZsF9>**
- Subscribe from your mobile device by scanning this QR code to open the online form.



If you sign up online, look for an email confirmation message with a link to verify that you really want to be on our list.

**Please check your SPAM or Junk folder** if you don't see that message, or if you don't receive the newsletter announcement by the 1<sup>st</sup> of the month.

## Limited Seats on These Trips

Register and Pay at the front desk, please!

### Renaissance Faire - Albuquerque

Saturday, April 29 Check-in: 9:00–9:15a

Transportation: \$2.00 + Ticket Return: 4:00p

### A-Z Family Farm Tour - Corrales

Wednesday, May 10 Check-in: 9:00–9:15a

Transportation: \$3.00 Return: 3:30p

### A Fare to Remember (this is an evening trip):

#### Prairie Star Restaurant - Santa Ana

Wednesday, May 17 Check-in: 4:00–4:15p

Transportation: \$3.00 Return: 8:00p

## Presentations and Classes

### Ask a Dentist

Wed 4/5, 9:30a - with Sunshine Dental

### The Life of the Legendary John Wayne

Thu 4/13, 10:00a - with Carol Venturini

### Michelle Lujan Grisham Mobile Office

Mon 4/17, 11:00a–1:00p - in the lobby

### Heart Failure

Thu 4/20, 10:00a - with UNM Hospital

### The What's and Why's of Funeral Planning

Thu 4/27, 10:00a - with Karla Barela

### Legal Clinic (20 minute appointments)

Thu 5/4, 10:00a - with Senior Citizen Law Office

### Thinking About Thinking

Thu 5/11, 10:00–11:00a - Onpointe at Home

### Genealogy and Family History

Thu 5/25, 10:00a - with Bill Farmer

### Hearing Loss Clinic

Thu 6/1, 10:00a - with Connect Hearing

### The Unlikely Path to World War I

Wed 6/14, 9:30a - with Lloyd Cohen

### Power of Attorney Clinic

Thu 6/22, 10:00a - with Senior Citizen Law Office

*Please reserve your seat by telephone or stop by the front desk—Thank you!*

The next series of Tai Chi Chih classes begin on Wednesday, April 12

## Popejoy Hall

### 50 Years of Performances!

Free tickets for select shows are offered by a drawing. Stop by the front desk to complete a lottery ticket with your Name, Phone Number and specify one or two show tickets. *Please, one entry per person per show.*

Winners will be called to pick up tickets with a survey form at Palo Duro Senior Center. After the show, please return the survey to the front desk at our Center.

*Last day to enter is Monday, April 10.*

- Sun, Apr 23 7:00pm **Momix: Opus Cactus**

This is the last show of the season.

## Movie at PDSC

### The Perfect Storm

(2000) PG-13 - 2 hr 10 min

Thursday, April 6, 1:30–4:00p

### Miss Congeniality

(2001) PG-13 - 1 hr 50 min

Thursday, April 20, 1:30–4:00p

*Free refreshments at intermission.*



## Healthy diets contain a variety of foods



In general, we should include a range of nutritious foods and eat:

- plenty of breads and cereals (particularly wholegrain), fruit, vegetables and legumes (such as chickpeas, lentils and red kidney beans)
- low-salt foods, and use salt sparingly
- small amounts of foods that contain added sugars reduced-fat milk and other dairy products.

It is also important to drink an adequate amount of water.

### Tips for healthy breakfasts

Some easy-to-prepare, healthy breakfast ideas include:

- **fresh fruit** with wholegrain breakfast cereal and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated)
- **toast** with cheese and tomato. Hot or cold reduced fat milk
- **rolled oats** made with quick oats. Add sultanas and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated). Orange juice
- **baked beans** on toast. Orange juice **fruit or plain** yogurt with fruit.

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-eating-tips>

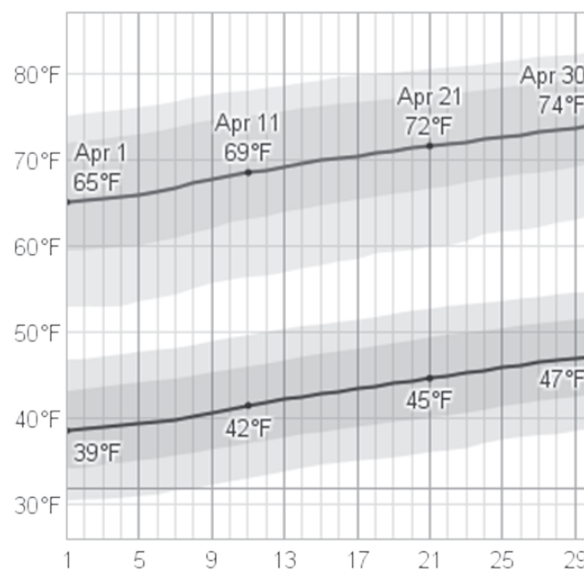
## April Showers bring May Flowers?

Rain in April? That is not always the case for Albuquerque weather patterns in April. Typically, the month of April is characterized by *rising* daily high temperatures, with daily highs increasing from 65°F to 74°F over the course of the month with high winds. There is some precipitation throughout the month but most of those days are few and far between.

What is really neat is that over the course of April, the length of the day is *gradually increasing*. From the start to the end of the month, the length of the day increases by 60 minutes, implying an average day-over-day increase of 2.0 minutes. That means that we have longer hours to walk, hike or enjoy the nice weather in April before it gets too hot.

**Fun April Facts:** The shortest day of the month is April 1 with 12:36 hours of daylight; the longest day is April 30 with 13:36 hours of daylight.

### Daily High and Low Temperature in April



## On-going Daily Activities Schedule

Monday		Monday	
8:15–9:15	Aerobics 50¢*	1:00–3:00	Palo Duro Palettes
8:30–11:00	Lapidary	1:00–3:00	Square Dancing
9:00–10:00	Yoga, Belts and Blocks \$3*	3:00–4:15	Tai Chi Chih, Begin; start Apr 12, \$60
9:00–11:00	Choralaires	3:15–4:15	Nia Technique \$5 per class
9:15–11:15	Blood Pressure Check	4:30–5:30	Tai Chi Chih, Cont; start Apr 12, \$60
9:30–10:30	Gentle Exercise 50¢*	5:15–6:15	Yoga, Belts and Blocks \$3*
11:00–1:00	Lujan Grisham Mobile Office: 4/17, 8/14, 12/18	Thursday	
11:00–3:00	Ceramics	8:00–9:00	Flex & Tone 50¢*
11:15–2:30	Philatelic Society	8:00–1:00	Ceramics
11:30–1:00	Jug Band Practice	8:15–4:30	Rockhounds Trip (2 <sup>nd</sup> & 4 <sup>th</sup> ) \$ varies
11:45–1:00	T.O.P.S.	8:30–12:00	Deaf Seniors
12:15–4:00	Duplicate Bridge	8:30–11:30	Lapidary
1:00–2:30	EFT / Tapping (2 <sup>nd</sup> ) \$5 per session	9:00–11:30	German, Intermediate
1:00–3:00	French, Advanced \$5 materials fee	12:00–1:00	Rockhounds Meeting (1 <sup>st</sup> & 3 <sup>rd</sup> )
1:00–3:00	Open Computer Lab	12:00–3:30	Mah Jongg (2 <sup>nd</sup> & 4 <sup>th</sup> )
1:30–3:15	Line Dancing, Advanced; start in Jan, May	12:30–4:00	Senior Men's Bridge (1 <sup>st</sup> only)
2:45–4:30	Retired Physicians	1:00–4:30	Metalcasting \$2 per casting
3:00–4:00	French Language Book Club	1:00–3:00	Discussion Group, Open Topic
3:15–4:30	Line Dancing, Beginning; start in Jan, May	1:30–3:30	Movies (1 <sup>st</sup> & 3 <sup>rd</sup> )
Tuesday		Friday	
8:00–9:00	Flex & Tone 50¢*	8:15–9:15	Aerobics 50¢*
8:00–12:30	Quilting (and more!)	8:30–12:30	Defensive Driving (1 <sup>st</sup> only) \$20, \$15 AARP
8:15–4:00	Hiking (every other) \$ varies	9:00–12:00	Accordion Group
8:30–11:30	Tuesday's Angels	9:00–11:30	Pottery; firing fee
8:30–11:30	Lapidary	9:30–10:30	Gentle Exercise 50¢*
10:00–12:30	Sewing & Alterations	9:30–10:30	Tai Chi, drop-in (no 1 <sup>st</sup> ) \$5*
12:00–2:00	Leathercraft \$1/month; \$5 new student fee	9:30–11:30	Stained Glass
1:00–3:00	ABQ Travel Partners (2 <sup>nd</sup> & 4 <sup>th</sup> )	12:00–2:00	Get It Done
1:00–3:00	Open Computer Lab	12:15–4:00	Duplicate Bridge
1:00–3:00	Visiting Artists	1:00–3:00	Spanish, Beginning
1:15–4:00	Bingo \$3 minimum to play	1:00–3:30	Cribbage
1:30–2:30	Mystery Book Club (2 <sup>nd</sup> only)	1:00–3:00	Open Computer Lab
2:15–4:30	Rio Grande Players	2:15–4:30	Swedish Weaving \$10 materials fee
Wednesday		Saturday	
8:00–11:30	Pottery Lab; firing fee	9:00–3:00	Hiking \$ varies
8:15–9:15	Aerobics 50¢*	9:00–10:30	Line Dancing, Begin; start in Jan, May
9:00–10:00	Gentle Yoga	9:00–1:00	Quilting
9:15–10:15	Friendship Coffee	9:30–11:30	Table Tennis (till 10:30 on 1 <sup>st</sup> only)
9:30–10:30	Gentle Exercise 50¢*	10:00–11:30	ABQ Recorder Orchestra
10:00–12:00	Investment Club (BCIC) (3 <sup>rd</sup> only)	10:00–12:00	Accordion Group (3 <sup>rd</sup> only)
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–12:00	Essential Tremors (3 <sup>rd</sup> only)
12:00–3:00	Busy Bees - Crochet & Knit	10:00–11:00	NARFE Board Meeting (1 <sup>st</sup> only)
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:30–12:00	Line Dancing, Adv (no 1 <sup>st</sup> ): start Jan, May
12:30–2:45	Bridge Group	11:00–12:30	Red Hatters (1 <sup>st</sup> only)
		11:00–12:45	NARFE Chapter 80 Meeting (1 <sup>st</sup> only)

\* indicates suggested money donation per session

Note: Days and Times are subject to change.

## Meet Our New Coordinator!



Hello! My name is Larissa Martin and I am excited for the opportunity to be the new Coordinator for Palo Duro Senior Center!

I have been with The Department of Senior Affairs for almost 4 years and have spent my time as a Program Assistant at Manzano Mesa Multigenerational Center. While I will miss Manzano, I am excited to meet the members of Palo Duro, and see how I can make their experience even better. I graduated with my Bachelor of Arts in Psychology from the University of New Mexico in 2016. I have grown up in New Mexico and I am proud to call it home! I love the outdoors and jump at any opportunity to make a trip to the outdoors. I look forward to meeting everyone so please stop by and say hello!

~Larissa Martin

## About the Department of Senior Affairs

**Our Vision**—To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

**Our Mission Statement**—The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## Centers and Cleaning Dates

### Barelas Senior Center

714 Seventh St SW, 87102

505-764-6436

*Closed for cleaning Sep 18–22*

### Bear Canyon Senior Center

4645 Pitt NE, 87111

505-767-5959

*Closed for cleaning Sep 11–15*

### Highland Senior Center

131 Monroe NE, 87108

505-767-5210

*Closed for cleaning Jul 10–14*

### Los Volcanes Fitness Center

6500 Los Volcanes NW, 87121

505-767-5990

*Closed for cleaning Jul 24–28*

### Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

505-767-5999

*Closed for cleaning Jul 17–21*

### Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123

505-275-8731

*Closed for cleaning Jul 31–Aug 4*

### N. Domingo Baca Multigenerational Center

7521 Carmel Ave NE, 87113

505-764-6475

*Closed for cleaning Aug 14–18*

### North Valley Senior Center

3825 Fourth St NW, 87107

505-761-4025

*Closed for cleaning Aug 7–11*

### Palo Duro Fitness Center

3351 Monroe NE, 87110

505-880-2800

*Closed for cleaning Aug 28–Sep 1*

### Palo Duro Senior Center

5221 Palo Duro NE, 87110

505-888-8102

*Closed for cleaning Aug 21–25*

# The Mesquite Diner

Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 27</b> BBQ Riblet Sandwich	<b>28</b> Mexican Lasagna w/ Chile	<b>29</b> Chicken Pot Pie	<b>30</b> Turkey Corndog	<b>31</b> Salmon w/ Spinach Fettuccine
<b>April 3</b> Pepperoni Pizza Omelet	<b>4</b> Chicken Fajita	<b>5</b> Turkey Chef Salad	<b>6</b> Chili Cheese Dog	<b>7</b> Baked Mac-n-Cheese
<b>10</b> Chicken Tenders	<b>11</b> Sloppy Joes	<b>12</b> Ham w/ Pineapple	<b>13 Special Luncheon</b> Bunny Bash \$4 ticket in advance	<b>14</b> Oven Fried Pollock
<b>17</b> Beef Tips and Noodles	<b>18</b> Rotisserie Style Chicken	<b>19</b> King Ranch Turkey	<b>20</b> Cuban Sandwich	<b>21</b> Salmon w/ Dill Butter Sauce
<b>24</b> Frito Pie	<b>25</b> Chicken Fried Chicken	<b>26</b> Egg Salad Sandwich	<b>27</b> Turkey w/ Gravy	<b>28</b> Smoked Sausage Pasta

## Ice Cream Social

**75¢ Sundaes**  
4<sup>th</sup> Wednesdays  
April 26  
11:30–12:30



## Popcorn

**25¢ Bag**  
Tuesday thru Thursday  
We're popping 10:30–1:30



## Silver Horizons Food Pantry

Thursday, April 27  
3:00–4:30p

Check-in begins at 1:30



## Other options without a reservation — Monday thru Friday

### Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini..... \$0.75  
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50  
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich or Friday Waffle.. \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

### Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50  
half sandwich..... \$0.75

Grilled Cheese..... \$1.25

### Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30